

# Gentle Yoga



Gentle Yoga is a guided practice which incorporates movement, breathwork, and meditation. Students will be led through a calming meditative practice and gentle, restorative movements to support their overall health and well-being. Students will be offered options and support to help find the optimal posture for both comfort and challenge.

A regular yoga practice has the potential for positive impacts, both physical and emotional. Yoga can build strength, flexibility, and balance; support increased awareness of the breath and body; promote better sleep and relaxation; improve breathing; and reduce stress and anxiety.

To ensure everyone can achieve the health and well-being they deserve, we offer our yoga classes on a donation-based, pay-what-you-can model. You can donate per class or monthly if you're a regular. We depend on contributions to keep our classes accessible for all.

## PROGRAM DETAILS

- Tuesdays and Fridays, 1-2 p.m.
- In-person and virtual options
- Cost: Classes are donation-based
- Beginner friendly
- Suitable for all levels
- No experience required

## BENEFITS OF YOGA

- Builds strength, flexibility, and balance
- Promotes better sleep and relaxation
- Improves breathing
- Reduces stress and anxiety

## HOW TO REGISTER



To learn more or register for a class, call (502) 588-0433, scan the QR code, or visit [www.tragerinstitute.org/yoga](http://www.tragerinstitute.org/yoga)



204 E. Market St. Suite A  
Louisville, KY 40202  
[tragerinstitute.org](http://tragerinstitute.org)

